



## My Low Blood Sugar

### What causes low blood sugar (hypoglycemia)?

There are several reasons why blood sugar might drop too low:

- Food: delayed or missed meals or snacks, eating too little carbs
- Insulin: too much insulin, wrong dose
- Activity: ↑ activity without ↑ carb snacks to support energy needs
- Sick: illness, vomiting, decreased appetite
- Low sugar: previous low blood sugar without proper treatment;  
*low blood sugar can cause low blood sugar*

### What does a low blood sugar feel or look like?

Low blood sugar can look different in each child, so look for changes in your child. The only way to learn how your child acts when they are low, is the check their blood sugar. Below are some symptoms of low blood sugar:





## My Low Blood Sugar

### How do I treat low blood sugar?

1. If you think the blood sugar is low, test the blood sugar right away to be sure

Age	Low Blood Sugar	Treatment dose	Example
4 years old and younger	less than 100	10-15 grams of carb	3-4 oz of apple juice 3 glucose tablets
5 years old and older	less than 80	15-20 grams of carb	4-6 oz of apple juice 4-5 glucose tablets

2. Treat blood sugar with fast acting carbohydrates (per table above)
3. Recheck blood sugar in 15 minutes.
  - a. If blood sugar is still low, have another treatment dose of fast acting carbohydrate until your blood sugar is in range
4. Once blood sugar is in range it is time to eat, either a meal or a snack
  - a. Meal: eat a meal if it will be within one hour
  - b. Snack: eat a carb + protein snack if it is more than 1 hour until the next meal

**“What if my child’s blood sugar is low and can’t eat or drink? What if my child has passed out or is having a seizure?”**

Give Glucagon injection and call 911. Severely low blood sugar is dangerous- give Glucagon immediately without waiting to test blood sugar.



### fast acting carb treatments

#### 10-15 grams of carb

- 3-4 oz of apple juice
- 3 glucose tablets
- 1 Tablespoon of sugar or honey
- 2 rolls of smarties

#### 15-20 grams of carb

- 4-6 oz of apple juice
- 4-5 glucose tablets
- 1.5 Tablespoon of sugar or honey
- 3 rolls of smarties

NOTE: If these foods aren't available, give any carb source and just know that it will work slower when there is fat or fiber.